



**Wisdom Steps focuses on the following three preventive health primary components:**

**Health Screenings:**

Elders are encouraged to practice good preventive health by visiting their physicians and setting personal health goals.

**Health Education:**

Elders determined that it is important for Wisdom Steps to provide culturally acceptable education about preventive health programs.

**Arthritis Education**

We have developed our Wisdom Steps Arthritis Brochure to help us create awareness for our Arthritis Self-Help Course and inform people with arthritis where they can get help.

**Healthy Living Activities:**

Participating in healthy living activities, such as routine exercise or regular walking, eating a proper diet, visiting with family and friends, joining talking circles and doing activities that make you feel good, are important to good health.



Sponsored by Bois Forte Health and Human Services.

# WISDOM STEPS KICK OFF

**TUESDAY, AUGUST 15, 2017 | 9AM**

Bois Forte Tribal Government Center, Nett Lake

WISDOM STEPS KICK OFF EVENT

Date: August 15th, 2017

Time: 9:00 a.m. to 1:00 p.m.

Place: Bois Forte Tribal Government Center

9:00 Registration

9:30 Prayer and Drum Ceremony  
Welcome and Introduction to the Wisdom Steps Program

10:00 Guest Speaker:  
Suzanne Nash of the Indigenous Peoples Task Force

11:00 Breakout Sessions:  
-Traditional Tobacco, participants will be gifted a tobacco plant  
-Nutrition demonstration with food sampling  
-Chair Exercise Demo for elders to do at home

12:00 Lunch

For more information on this event please contact:  
Doris Isham at 757-3650, Teri Morrison at 757-3295.

If you require transportation, please call Big Woods Transit at 888-757-1540.